

TK  
715  
S 577

Sci RR  
Desk

**Conservation Resources**

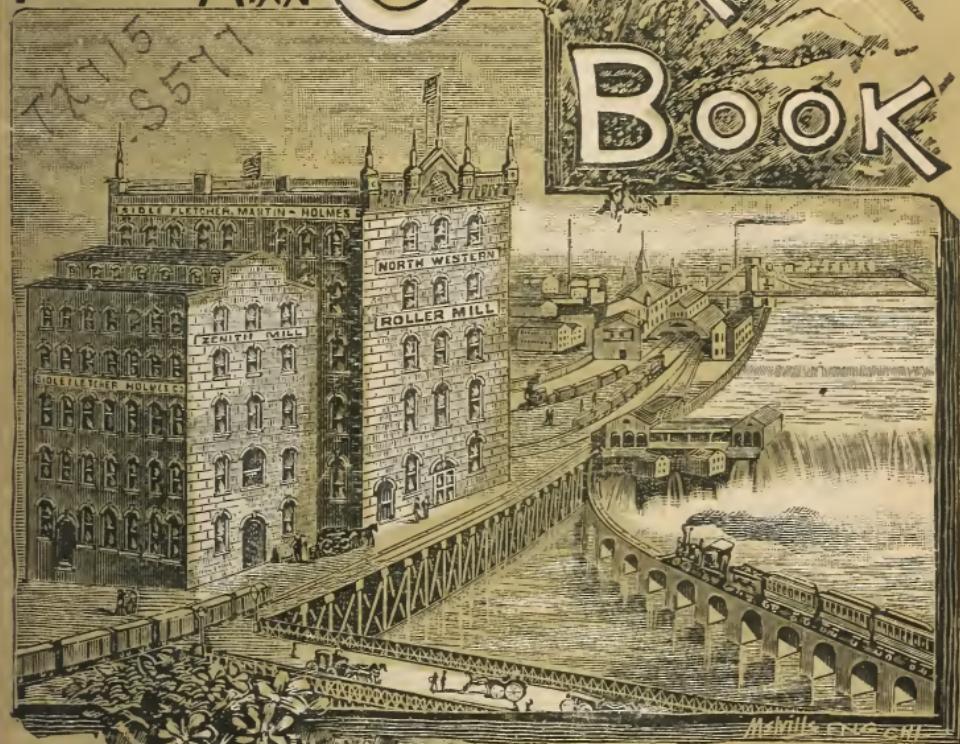
**Lig-Free® Type I**

**Ph 8.5, Buffered**

X 715  
5577  
opy 1

Sci RR  
Desk

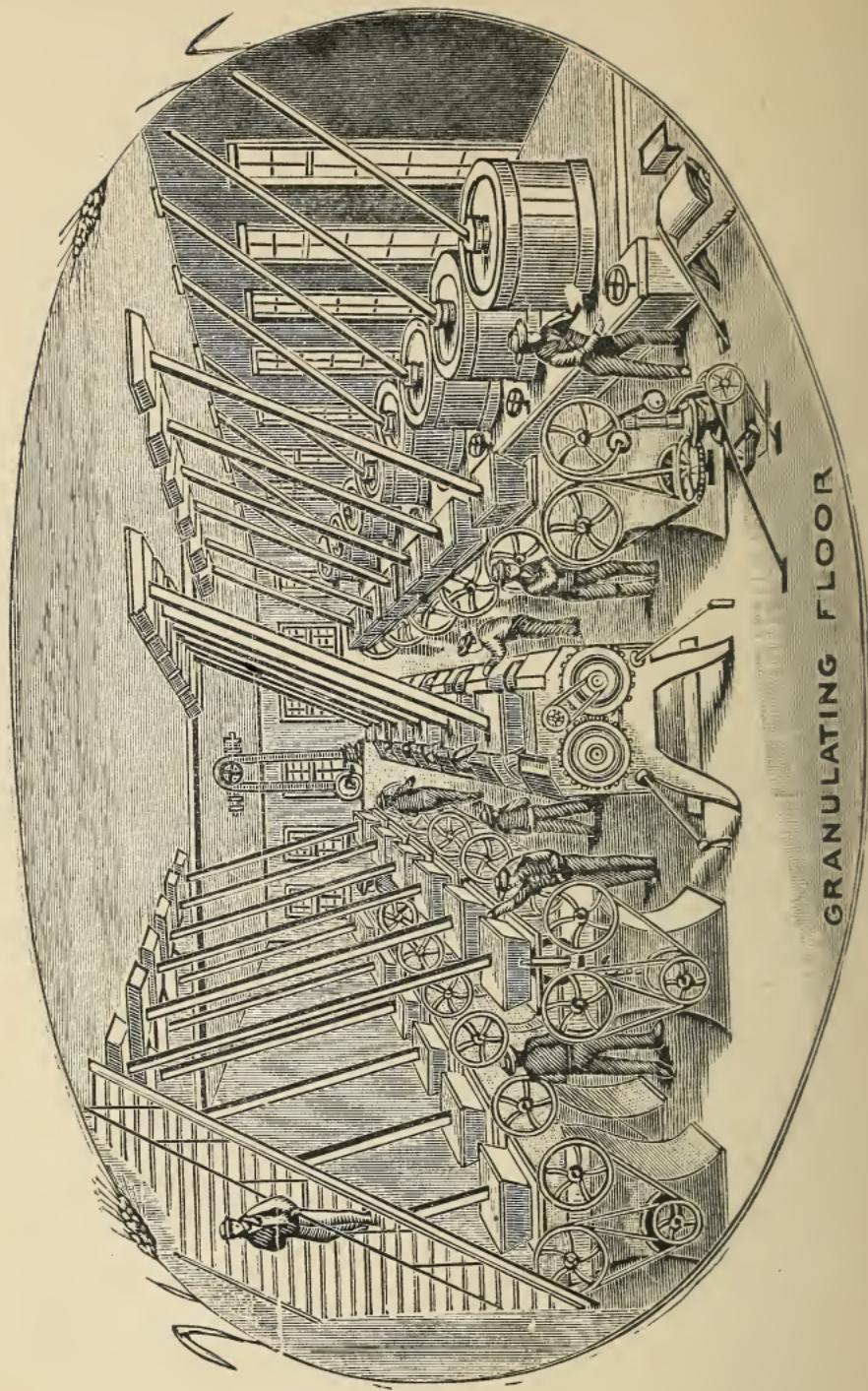
MINNEAPOLIS.  
MINN.



McHILL'S ENGR. CO. CHI.

DEDICATED  
WITH THEIR COMPLIMENTS  
TO HOUSEWIVES EVERYWHERE

GRANULATING FLOOR



# Sidle x Fletcher x Holmes

COMPANY'S

# COOK BOOK

Proprietors of the Celebrated

## North Western ~~AND~~ Zenith Mills

*Sidle Fletcher Holmes Co., Minneapolis, Minn.*

### MINNEAPOLIS, MINN.

---

Dedicated with their Compliments to Housewives  
everywhere.

---

1885.

FEB 14 1886

1654

24

TX 715  
S577

COPYRIGHTED 1885,

BY

H. W. HOLMES.

PUBLISHED BY  
B. F. BABCOCK,  
169 DEARBORN STREET,  
CHICAGO.

ELECTROTYPED AND PRINTED BY  
THE J. M. W. JONES  
STATIONERY AND PRINTING COMPANY,  
CHICAGO.

## PREFACE.

---

This Cook Book has been prepared with the greatest care; and the housekeeper can use the recipes herein, with the utmost confidence in the result.

The first and most important requisite for the making of good bread and cake, is the employment of good flour and other materials, and care in mixing the ingredients.

Poor flour will make poor bread, in spite of all efforts to the contrary; and on the other hand, poor bread may be made out of good flour, if poor yeast is used, if flour and dough are not kept warm, or if not properly kneaded and baked.

The SIDLE-FLETCHER-HOLMES Co., manufacture all their flour from the best MINNESOTA and DAKOTA, HARD WHEAT, and their Family brands—the GRANULATED, MINNEHAHA, PERSIAN, CORRUGATED and NORTH WESTERN—they confidently claim are the best upon the market, the flour being fully equal to, if not superior to any in the world. This is a broad claim they know full well; but the results of the most careful tests in baking, fully establish their right to make the claim.

This flour makes from 50 to 65 pounds more bread to the barrel, than is made from the best winter wheat flour; the bread when baked will keep sweet and moist days longer and is more nutritious. Try it once! Do not let your grocer argue you out of making the trial, if he does not happen to keep it.



# BREAD.

**Stock Yeast**—Boil three ounces of hops in three quarts of water for half an hour. Put a handful of dry sifted flour into a stone jar, and scald it with enough of the hop water to make a stiff paste, and set aside. Let the rest of the hops boil slowly for an hour and a half, strain it on the paste without stirring, and set aside to cool. When blood-warm, add a small handful of malt, mix well; tie a cotton cloth over it and let it stand untouched in a moderately cool place for forty-eight hours; then bottle, and keep in a cool, dark cellar.

**Stock Yeast**—On Monday morning boil one pint hops in two gallons water for half an hour, strain into a crock and let it become lukewarm, add two even teaspoons salt and half a pint best brown sugar; mix smoothly half a pint of flour with some of the liquor, and stir all well together. On Wednesday add three pounds of boiled potatoes mashed, stir well, and let stand until Thursday, then strain and put in jugs, but for the first day or two leave the corks loose. Stir the yeast occasionally while making and keep near the fire. It should be made two weeks before using, and will be improved by age. Keep it in a cool place, and shake the jug with the cork out before pouring from it, holding the palm of the hand over the mouth.

**Potato Yeast**—Peel and boil four or five large potatoes, mash them fine, add a tablespoon of flour, a pinch each of sugar and salt, and when blood-warm add one and a

half gills of the stock yeast, and let it ferment six hours, when it will be ready for use.

**Potato Yeast**—Take as many hops as can be grasped in the hand twice, put half a gallon water over them in a clean coffee pot kept for that purpose; boil slowly for one hour. Do not tie them in a cloth to boil, as the above is a superior method. Pare and grate half a dozen large potatoes into a two-gallon stone crock, add a half cup of sugar and a tablespoon each of salt and ginger, pour over this a half gallon of the boiling hop water, stirring all the time. When milk-warm add one cup good lively yeast, set in a warm place until it rises, and then remove to the cellar or some cool place. The hop water must be added to the potatoes *immediately*, or they will darken and discolor the yeast. To prevent them from darkening, the potatoes may be grated into a pan half filled with cold water, as they will sink to the bottom; when done grating, pour off the water and add the boiling hop water. This is a valuable recipe, and the manner of boiling the hop water is especially recommended.

**Potato Yeast without Hops**—Take four good-sized potatoes, peeled, boiled and mashed; four tablespoons white sugar, one of ginger, one of salt, and two cups of flour; pour over this a pint of boiling water, and beat until all the lumps disappear. After it has cooled sufficiently add to it one cup good yeast, and set away to rise; when it has risen put in a glass or stone jar, cover and set it away in a cool place for use.

**Hop Yeast**—Boil a large handful of hops in two quarts of water for twenty minutes; strain one-half of it on three pints of sifted flour, and when the other half is cool, mix slowly with the paste; stir in half a pint of fresh, strong

brewers' yeast, or use yeast of a previous making; bottle and cork loosely, and let it ferment until it ceases to work; next day cork tightly, and set in a cool cellar. Make fresh every week.

**Yeast Cake**—Boil half a pound of hops in one gallon water until reduced to two quarts; strain it, mix in wheat flour enough to make a thin batter, and add half a pint of fresh, strong yeast. When fermented, work with Indian meal to a stiff dough. Cover and set in a warm place to rise. When light, roll into a sheet an inch thick, and cut into small cakes, three inches across, spread them on a platter, and dry in a cool shade. Turn them several times a day, and, when dry, put them in paper bags, and set in a closely-covered box, and keep cool in a perfectly dry place. Use one cake for four quarts of flour.

**To Cool Bread**—Bread should be always carefully cooled before being put away, especially if kept in a tight box or crock, and for this purpose a board should be kept—oaken being the best, as it is solid and odourless—cover with a white flannel cloth, and over this spread a fresh linen bread cloth. Place the bread upon this, crust-side up, and cover with some thin material to keep off the flies. Place in a cool, airy place. Bread cooled in this manner will have a fine soft crust, and remain light and wholesome.

**Hop Yeast Bread**—Take one quart of warm milk or water, one cake of compressed yeast, and flour enough to make a stiff batter. Put in a warm place and let it rise three hours (if home-made yeast is used, take a small teacupful, and make the batter over night), then add flour enough to knead without sticking to the board,

knead one-half hour—thorough kneading makes the bread white and light. Set to rise again; when risen sufficiently knead ten minutes without using more flour. Mould into small loaves, set to rise, and bake one hour in a moderately-heated oven. To insure the best results in the use of Spring wheat flour, put it in an open pan in a warm place long enough to thoroughly dry before using.

**Twice-Raised Bread**—Measure out four quarts of sifted flour, take out a pint in a cup and place the balance in a bread-pan; make a hole in the heap of flour, into which turn one tablespoon of sugar, one of salt and one cup of yeast, previously mixed with the pint of flour, then mix in one pint of milk which has been made blood warm by adding one pint of boiling water; beat well with a strong spoon, add one tablespoon of lard, knead for twenty or thirty minutes and let it rise over night; in the morning knead again and make into loaves; let them rise one hour and bake fifty minutes.

Water may be used instead of the pint of milk, in which case use twice as much lard.

**Boston Brown Bread**—One pint each of rye or Graham and Indian meal, one cup molasses, three-fourths cup sour milk, one and a half teaspoons soda, one and a half pints cold water; put on stove over cold water, which gradually bring to a boil; steam for four hours and place in the oven to brown over. All steam-cooked breads are the better for the above method of steaming.

**Boston Brown Bread**—Two cups white flour, two of Graham flour, one cup Indian meal, one teaspoon soda, one cup molasses, three and a half cups milk, a little salt. Beat well and steam for five hours.

**Corn Bread** (of the St. Charles Hotel, New Orleans)—Beat two eggs very light; mix with them one pint either of sour or buttermilk, and one pint *yellow* sifted Indian meal. Melt one tablespoon of butter with one teaspoon of salt and add to the mixture. Dissolve one teaspoon soda in a small portion of the milk and add to it the last thing. Beat all up very hard and bake in a pan in a brick oven for about three-quarters of an hour.

**Corn Bread**—One pint corn meal, one-half teaspoon soda, one teaspoon cream tartar, one-half teaspoon salt, one egg, and milk enough to form a stiff batter. Bake in a hot oven. The tins in which you bake should be hot and well greased before putting in the batter.

**Corn Bread**—One pint corn meal, sifted; one pint wheat flour, one pint sour milk, two eggs beaten lightly, half a cup sugar, a piece of butter size of an egg; and lastly one teaspoon of soda in a little milk ; add to the beaten egg the milk and meal alternately, then the butter and sugar. If sweet milk is used, add one teaspoon cream-tartar. Bake for twenty minutes in a hot oven.

**Steamed Corn Bread**—Two cups each of Indian meal, Graham flour and sour milk, two-thirds cup of molasses, one teaspoon soda. Mix well and steam two hours and a half.

**Boston Corn Bread**—One cup of sweet milk two of sour milk, two-thirds cup of molasses, one of wheat flour, four of corn meal and two teaspoons of soda; steam for three hours, and brown a few minutes in the oven.

**Graham Bread**—Use a little over a quart of warm water, one half cup brown sugar or molasses, one-fourth cup hop yeast, and one and a half teaspoons salt ; thicken

the water with unbolted flour to a thin batter; add sugar, salt and yeast, and stir in more flour until quite stiff. In the morning add a small teaspoon soda, and flour enough to make a batter as stiff as can be stirred with a spoon; put it into pans, and let rise again; then bake in an even hot oven, not too hot at first; keep warm when rising; smooth over each loaf with a knife or spoon dipped in hot water.

**Rye and Indian Bread**—One quart rye meal or rye flour, two quarts Indian meal, scalded (by placing in a pan and pouring over it just enough *boiling* water to merely wet it, but not enough to make it into a batter, stirring constantly with a spoon), one-half cup molasses, two teaspoons salt, one of soda, one tea cup yeast; make it as stiff as can be stirred with a spoon, mixing with warm water, and let it rise all night; then put it in a large pan, smooth the top with the hand dipped in cold water; let it stand a short time, and bake five or six hours. If put in the oven late in the day, let it remain all night.

Graham may be used instead of rye, and baked as above.

This is similar to the “Rye and Injun” of our grandmother’s days, but that was placed in a kettle, allowed to rise, then placed in a covered iron pan upon the hearth before the fire, with coals heaped upon the lid, to bake all night.

**Rye Bread**—Make a sponge of one quart warm water, one tea-cup yeast thickened with rye flour; put in a warm place to rise over night. Scald one pint corn meal, and when cool add it to the sponge. Add rye flour until thick enough to knead, but *knead it but little*; let it rise, mould

into loaves, place in deep pie-tins or small square pudding-pans, and bake.

**Rye Bread**—Make a sponge as for wheat bread, let it rise over night, then mix it up with rye flour (but not so stiff as wheat bread), and bake.

**Salt-Raised Bread**—The leaven for this bread is thus prepared: Take a pint of warm water at about 90 deg. (if only a little too hot you will not succeed), put in a perfectly clean bowl, and stir up a thick batter, adding but a teaspoon of salt; beat very thoroughly—this is important. Set it in a pan of warm water to secure uniformity of temperature; and in from two to four hours it will begin to rise. The rising is much more sure if coarse flour or “shorts” is used instead of fine flour.

When your “rising” is nearly light enough, take a pint of milk and a pint of boiling water (a tablespoon of lime water added is good, and frequently prevents souring), mix the sponge in the bread-pan, and when cooled to about milk warm, stir in the rising. The sponge thus made will be light in two to four hours with good warmth. The dough requires less kneading than yeast-raised dough.

To ascertain the temperature of the water in preparing the rising, place a thermometer in for a minute or so.

Some object to this bread on account of its odor when rising, the result of fermentation, but the more there is of this the surer you will be of having a good sweet bread when baked.

**Bread Sponge for Winter Use**—Peel and boil four or five medium-sized potatoes in two quarts of water (which will boil down to about one quart by the time the potatoes are cooked); when done, take out and press

through a colander, or mash very fine in the crock in which the sponge is made; make a well in the center, into which put one cup of flour, and pour over it the boiling water from the potatoes; stir thoroughly, and when cool add a pint of tepid water, flour enough to make a thin batter, and a cup of yeast. This sponge makes very moist bread.

## BREAKFAST AND TEA CAKES.

*Note*—Soda, saleratus (or pearlash), cream of tartar and baking powders are often adulterated with terra alba (white earth).

Some baking powders contain alum, and such are to be avoided as deleterious. Use only those of known merit, such as are manufactured by well known and reputable houses.

**Graham Gems**—A pint of sour or butter-milk, one tea-spoon soda and a little salt; beat all well together and add one egg, a tablespoon of molasses, and Graham flour sufficient to make a stiff batter; mix thoroughly. Bake in gem-pans well greased and quite hot, in a quick oven.

**Graham Gems**—Three cups sour milk, one teaspoon soda, one of salt, one tablespoon brown sugar, one of melted lard, one beaten egg; to the egg add the milk, then the sugar and salt, then the Graham flour (with the soda mixed in), together with the lard; make a stiff batter so it will *drop*, not pour, from the spoon. Have the gem pans very hot, fill and bake fifteen minutes in a hot oven.

**Wheaten Gems**—Mix one teaspoon baking powder and a little salt into a pint of flour; add to the beaten yolks of two eggs one cup sweet milk or cream, a piece of melted butter half the size of an egg, the flour with baking powder and salt mixed, and the well beaten whites of the two eggs. Beat well, bake immediately in gem pan in a hot oven, take out quickly, and send to table immediately.

**Sweet Milk Gems**—Beat one egg well, add a pint of new milk, a little salt, and Graham flour until it will drop off the spoon nicely; heat and butter the gem pans before dropping in the dough. Bake in a hot oven twenty minutes.

**Indian Gems**—Mix quickly a quart of Indian meal with sufficient water to make a thick batter; add a teaspoon of salt and stir thoroughly. Have ready your gem pans well greased and heated. Bake in a quick oven until nicely browned on top, and send to table hot.

**Wheat Muffins**—Mix one pint milk, two eggs, three tablespoons yeast and a saltspoon of salt, with flour enough to make a stiff batter; let rise four or five hours and bake in muffin rings in a hot oven for about ten minutes.

**Graham Muffins**—Use Graham instead of wheat flour, as above, and add two tablespoons molasses.

**Corn Muffins**—One quart sifted Indian meal, a heaping teaspoon butter, one quart milk, a saltspoon of salt, a third of a cup yeast, a tablespoon of molasses; let it rise for four or five hours and bake in muffin rings.

**Puffet**—Two eggs, well beaten, two tablespoons sugar, a piece of butter the size of an egg; beat all together quite thin; add one pint sweet milk. When all are well

mixed, add one quart flour and two tablespoons baking powder previously sifted together. Have your pans well greased and hot; bake quickly. Very nice for tea.

**Pop-Overs**—Four eggs, four cups flour, four cups milk, a small piece of butter, a little salt. Bake in gem-pans and serve with sweet sauce.

**Cinnamon Cake**—When making yeast bread and the sponge is ready to knead, take a sufficient portion and roll out three-fourths of an inch thick, put thin slices of butter on the top, sprinkle with cinnamon, and then with sugar; let it rise well and bake for breakfast. It is a fine coffee cake.

**Biscuit**—Dissolve one rounded tablespoon of butter in a pint of hot milk; when lukewarm stir in one quart of flour, add one beaten egg, a little salt, and a tea-cup yeast; work the dough until smooth. If in winter set in a warm place, if in summer a cool place, to rise. In the morning work softly, and roll out a half inch thick, cut into biscuit and set to rise for thirty minutes, when they will be ready to bake. These are delicious.

**Biscuit**—Take one quart sifted flour (loosely put in), two heaping teaspoons tartaric acid and one moderately heaping teaspoon soda, one teaspoon salt, and three gills water; shape out with a spoon and the floured hand.

**Hard Sugar Biscuit**—A pound of butter, two of flour, and one of sugar, one tablespoon cinnamon, two of caraway seeds, three gills milk, a teaspoon soda. Rub the butter into the flour, and mix in the spices; dissolve the soda in the milk, mix with the sugar, and work the whole to a stiff dough. Knead it well, roll out half an inch thick, cut into round cakes, prick them with a fork, lay

into buttered pans, and bake in a quick oven to a light brown.

**Soft Sugar Biscuit**—Three-fourths pound butter, three of flour, one of sugar, one quart bread sponge, milk as required. Cream together the butter and sugar, rub in the flour, then the sponge, and as much milk as will make a soft dough; knead it well, and set in a pan to rise; commence in the afternoon. Next morning knead lightly, make up with the hands into round cakes of the size of a silver dollar, and an inch in thickness. Place them an inch apart on buttered tins, set to rise in a warm place, and bake in a quick oven when light. When done brush them over lightly with a little cold water and let them cool slowly on the tins.

**Soda Biscuit**—Put one quart flour into a sieve, with one teaspoon soda and two of cream tartar (or three of good baking powder), one of salt, and one tablespoon white sugar; mix all thoroughly with the flour, run through the sieve, and rub in one level tablespoon of lard or butter (or half and half of each), wet with a half pint sweet milk, roll out on board, about an inch thick, cut with a biscuit cutter or tumbler, and bake in a quick oven fifteen minutes. If you have no milk, use a little more butter or lard, and wet with water. Handle as little and make as soon as possible.

**South Carolina Biscuit**—One quart sweet cream or milk, one and a half cups butter or fresh lard, two tablespoons white sugar, one good teaspoon salt; add flour sufficient to make a stiff dough, knead well, and mould into neat, small biscuit with the hands, as our grandmothers used to do; add one good teaspoon cream tartar if preferred. Bake well and you have good sweet biscuit that will

keep for weeks in a dry place, and are very nice for traveling lunch.

**Parker House Rolls**—Two quarts of flour, one pint cold boiled milk, half cup yeast, half cup sugar, one tablespoon melted butter; make a well in the heap of flour, pour in all the above and let it rise until morning; then knead and let it rise until about three in the afternoon; then roll out, butter them about the edge and lap over; raise for tea, and bake in a hot oven about twenty minutes.

**Vienna Rolls**—Have ready in a bowl a tablespoon of butter or lard, made soft by warming a little and stirring with a spoon. Add to one quart of unsifted flour two heaping teaspoons of baking powder; mix and sift thoroughly together, and place in a bowl with the butter. Take sufficient sweet milk to form a dough of the usual stiffness, according to the flour, put into the milk half a teaspoon of salt and then stir it into the flour, etc., with a spoon, forming the dough, which turn out on a board and knead sufficiently to make smooth. Roll out half an inch thick and cut with a large round cutter; fold each one over to form a half-round, wetting a little between the folds to make them stick together; place on buttered pans, so as not to touch, wash over on top with milk to give them a gloss, and bake immediately in a hot oven twenty minutes. It will do them no harm to stand half an hour before baking, if desired.

**Coffee Rolls**—Work into a quart of bread dough a rounded tablespoon of butter and half a cup white sugar; add some dried currants (well washed and dried in the oven), sift some flour and sugar over them and

work into the other ingredients; make into small rolls, dip into melted butter, place in tins, let rise a short time and bake.

**Egg Rolls**—Two cups sweet milk, two eggs, a little salt, three and a half scant cups sifted flour. Bake in hot gem pans.

**Long Breakfast Rolls**—Three and a half cups sweet milk, one cup butter and lard mixed in equal proportions, one cup potato yeast, flour enough to make a dough. Let rise over night; in the morning add one beaten egg. Knead thoroughly and let rise again. With the hands make into balls as large as a small hen's egg then roll between the hands to make long rolls (about three inches), place close together in even rows in the pans. Let rise until light, and bake delicately.

**Sally Lunn**—One and one-half pounds of flour, two ounces of butter, one pint of new milk, one saltspoon salt and three eggs, one tablespoon yeast. Warm the milk and butter over water until the butter is melted; beat the eggs in a two-quart tin pail, and if the milk is not hot pour it over them. Stir in half the flour, then add the yeast, stirring thoroughly with the rest of the flour. Let rise over night. Bake a little brown in a quick oven. Some add two tablespoons sugar and a teaspoon of soda, and two of cream tartar, instead of the yeast.

**English Crumpets**—One quart warm milk, one teaspoon salt, half cup yeast, and flour enough for a stiff batter. When light add half a cup melted butter, let stand twenty minutes, and bake in muffin rings or cups.

**Cracknells**—To a pint of rich milk put two ounces butter and a spoon of yeast. Make it warm and mix in enough fine wheat flour to make a light dough; roll thin and cut in long pieces two inches broad. Prick well and bake in a slow oven.

**Buns**—One quart bread sponge, three pounds flour, three-fourths pound butter, one of sugar, milk as required. Make the sponge in the following manner: Into a pint of water stir enough flour to make a smooth batter, add three gills yeast, cover and put in a warm place to rise; when very light it is fit for use. In cold weather tepid water is required. Cream the butter and sugar, rub the flour in by handfulls, work smooth, add the sponge and milk to make a soft dough; knead well, and set it to rise over night. The next morning knead it lightly and roll into sheets half an inch thick, cut into small round cakes, put them into shallow pans well buttered so they touch each other, and set them in a warm place to rise. When light, bake in a quick oven. Take them out of the pan and wash them over with thin molasses and water, and dust with powdered sugar. Serve when fresh.

**Buns**—Break one egg into a cup and fill with sweet milk; mix with it half a cup of yeast, same of butter, one cup of sugar and enough flour to make a soft dough; flavor with nutmeg; let rise until very light, then mould into biscuit with a few currants. Let them rise a second time in the baking-pan; bake, and when nearly done, glaze with a little molasses and milk.

**London Hot Cross Buns**—One and a half pints milk, half pint yeast and sufficient flour to make a stiff batter;

set this as a sponge over night, and next morning add half pound sugar, a quarter pound melted butter, half a nutmeg grated fine, one saltspoon salt and flour to make up like biscuit ; knead well and set to rise for five hours; roll half an inch thick, cut into round cakes and lay in a buttered pan After about half an hour make a cross with a knife upon each and set at once in the oven ; bake a light brown ; while yet warm brush them over with the white of an egg beaten with powdered sugar quite stiff.

**Rusk**—Three pounds flour, half pound of butter, same of sugar, two eggs, a pint and a half of milk, two table-spoons rose water, three do. of strong yeast. Sift the sugar into a large pan, and rub it into the butter and sugar ; beat the eggs very light and stir into the milk, adding the rose water and yeast. Make a hole in the dough, pour in the mixture, and slowly mix it to a thick batter ; cover and set by the fire to rise. When light, knead it well; cut into small cakes and knead each separately, lay them near to each other, but not touching, in shallow pans well dusted with flour ; prick each one with a fork, and set in a warm place to rise again. When quite light bake in a moderate oven. They should be eaten the same day.

**Rusk**—Two cups raised dough, one of sugar, half cup butter, two well-beaten eggs, flour enough to make a stiff dough ; set to rise, and when light, mould into high biscuit, and let rise again ; sift sugar and cinnamon over the top and place in oven.

**Lebanon Rusk**—One cup mashed potatoes, one of sugar, one of home-made yeast, three eggs ; mix together; when raised light add half a cup butter or lard, and flour enough to make a soft dough ; when light mould into

small cakes, and let them rise again before baking. If wanted for tea, set about 9 A. M.

**Johnny Cakes**—Scald a quart Indian meal, with water enough to make a very thick batter; add two or three teaspoons salt; mould into small cakes with the hands well floured; fry them in nearly sufficient fat to cover them. When brown on the under side turn them, cooking them about twenty minutes. When done, split and butter them.

**Johnny Cake**—Two-thirds teaspoon soda, three tablespoons sugar, one teaspoon cream tartar, one egg, one cup sweet milk, six tablespoons Indian meal, three tablespoons flour, and a little salt. This makes a thin batter.

**New England Johnny Cake**—Take one pint of fine corn meal, and pour over it enough boiling water to wet it all through; add about a teaspoon salt; then pour in milk until the mixture will drop easily from the spoon; beat it well; fry on a griddle about three-quarters of an hour, turning them when nicely browned on one side.

**Alabama Johnny Cake**—Cook a pint of rice until tender, add a tablespoon butter; when cold add two beaten eggs and one pint corn meal, and when mixed spread on an oaken board and bake by tipping the board before the fire-place. When done on one side turn over. The dough should be spread half an inch thick.

**Corn Dodgers**—To one quart corn meal add a little salt and a small tablespoon lard; scald with boiling water and beat hard for a few minutes; drop in large spoonful in a well-greased pan. The batter should be thick enough to just flatten on the bottom, leaving them quite high on the center. Bake in a hot oven.

**French Crackers**—One and a half pounds each of flour and sugar, three-quarters of a pound of butter, the whites of five eggs; before baking wash over with egg and dip in sugar.

**Egg Crackers**—Six eggs, twelve tablespoons sweet milk, six tablespoons butter, half teaspoon soda; mould with flour half an hour and roll thin.

**Economical Toast**—Add to one half pint of sweet milk two tablespoons sugar, a little salt, and a well-beaten egg; dip into this slices of bread (if dry, let it soak a little), and fry on a buttered griddle until a light brown on each side. Dry bread may thus be well used.

**Excellent Toast**—Cut slices of a uniform thickness of half an inch; move around over a brisk fire, to have all parts uniformly toasted; hold only so near the coals that the pieces will be heated through when both sides are properly browned. A light wire grid-iron will be found very convenient and enable you to toast several slices at once. If the smallest part of either of the slices are blackened or charred, carefully scrape it off, or it will flavor the whole. If covered with an earthen bowl it will keep moist and warm, or a clean towel or napkin will answer if it is to be immediately served. Stale bread may be used for milk-toast, but sweet, light bread, about a day old, is the best for dry-toast.

**Corn-Meal Mush**—Put four quarts fresh water in a kettle to boil, salt to suit the taste; when it begins to boil stir in one and a half quarts meal, letting it sift through the fingers slowly to prevent lumps, adding it a little faster at the last, until as thick as can be conveniently stirred with one hand; set in the oven in the kettle (or take out into a pan), bake an hour, and it will be thoroughly

cooked. It takes corn meal so long to cook thoroughly that it is very difficult to boil it until done without burning. The thorough cooking and baking in oven afterwards, takes away all the raw taste of the meal that is so generally found in mush prepared in the ordinary way, and adds much to its sweetness and delicious flavor.

A hard wooden paddle, two feet long, with a blade two inches wide and seven long, will be found a most convenient instrument to stir with.

**Graham Mush**—Sift Graham meal slowly into boiling salted water, stirring briskly until thick as can be stirred with one hand; serve with milk or cream and sugar, or butter and syrup. It will be improved by removing from the kettle to a pan, as soon as thoroughly mixed, and steaming three or four hours. It may also be eaten cold, or sliced and fried, like corn-meal mush.

**Oat-Meal Mush**—To two quarts boiling water, well salted, add one and a half cups best oat meal; stir the meal in by degrees, and after stirring up a few times to prevent its settling down in a mass at the bottom, leave it to cool three hours *without stirring*. While stirring in, put the inner kettle directly on the stove. (All mushes and preparations of like description should be cooked in a custard kettle, or water bath, like a carpenter's glue-pot.) To cook for breakfast it may be put on over night, allowing it to boil an hour or two in the evening, but it is better freshly cooked. Serve with cream and sugar. To be wholesome it must be well cooked, slowly, but for a considerable time. In lieu of a custard kettle the mush may be made in a pan or small tin bucket, and then placed in a steamer and steamed two hours.

This is unsurpassed as a breakfast dish, and especially good for young children, who need bone and muscle-producing food.

**Steamed Oat Meal.**—To one teacup oat meal add a quart cold water, a teaspoon salt; put in a steamer over a kettle of cold water, gradually heat and steam an hour and a half after it begins to cook.

**Cracked Wheat.**—Two quarts salted water to two teacups best cracked wheat; boil two or three hours in a custard kettle; or, soak over night and boil at least three-fourths of an hour; or, put boiling water in a pan or small bucket, set on the stove, stir in the cracked wheat, set in a steamer and steam four hours; or, make a strong sack of thick muslin or drilling, moisten the wheat with cold water, add a little salt, place in sack, leaving half the space for wheat to swell in; fit a round sheet of tin, perforated with holes half an inch in diameter, to the inside of ordinary kettle, so that it will rest two or three inches from the bottom; lay the sack on the tin, put in water enough to reach the tin, and boil from three to four hours, supplying water as it evaporates. Serve with butter and syrup or cream and sugar. When cold it is fine when sliced and fried; or, warm it with a little milk and salt, in a pan greased with a little butter; or, make into griddle cakes with a batter of eggs, milk and a little flour and a pinch of salt.

**Fine Hominy or Grits.**—Take two cups hominy or wheaten grits to two quarts salted water, soak over night, and boil three-quarters of an hour in a custard kettle. Serve with milk and sugar; or, when cold, slice and fry.

## GRIDDLE OR BATTER CAKES.

**Waffles**—Take one quart flour, two teaspoons good baking powder, one of salt, one of sugar, all sifted together; add a tablespoon of butter, two eggs, and a pint and a half of sweet milk; cook in waffle irons well heated and greased.

**Waffles**—One pint flour, one of sweet milk, three eggs well beaten, a piece of butter the size of an egg and a half, a little salt, one heaping teaspoon cream-tartar, half teaspoon soda; melt the butter and stir in flour, milk and eggs. Sift the cream-tartar and soda through a fine sieve the last thing.

**Waffles**—Take one quart flour, a teaspoon salt, a tablespoon melted butter, and milk sufficient to make a thick batter; mix thoroughly; add two well-beaten eggs, two heaping teaspoons tartaric acid, and one moderately heaping teaspoon soda; stir well together and bake at once in waffle-irons.

**Quick Waffles**—Two pints milk, one cup melted butter, and sifted flour to make a soft batter; add the well-beaten yolks of six eggs, then the beaten whites, and lastly (just before baking), four teaspoons baking powder; beat very hard and fast for a few minutes. Are very good with but four or five eggs, but much better with more.

**Raised Waffles**—One quart flour, one pint sweet luke-warm milk, two eggs, a tablespoon melted butter, a teaspoon salt and half a cup good yeast. Bake in waffle-irons well heated and greased.

**Rice Waffles**—Boil half a pint of rice and let it get cold, mix with it a quarter pound of butter, and a little

salt; sift in it one and a half pints flour; beat five eggs separately; stir the yolks together with one quart milk, add the whites beaten to a stiff froth, beat hard, and bake at once in waffle-irons.

**Massasoit House Waffle**—Mix a batter with milk the thickness of buckwheat batter; raise the paste with compressed yeast; add three eggs and three spoonfuls of melted butter, and mix thoroughly. Should the batter become sour add a little soda.

**Buckwheat Cakes**—Use only buckwheat flour perfectly clear of *grits* and free from adulteration with rye or corn; warm one pint sweet milk and one pint water—or one may be cold and the other boiling—put half of this into a stone crock, add five teacups buckwheat flour, beat well until smooth, add the rest of the milk and water, and lastly a cup of yeast. Or, the same ingredients and proportions may be used, except adding two tablespoons molasses or sugar, and using one quart water instead of one pint each of milk and water.

**Buckwheat Cakes without Yeast**—Two cups of buckwheat flour, one of wheat flour, a little salt, three teaspoons baking powder; mix thoroughly, and add about equal parts of milk and water until the batter is of the right consistency, then stir until free from lumps. If they do not brown well add a little molasses.

**Bread Griddle Cakes**—One quart milk, boiling hot; two cups fine bread crumbs, three eggs, a teaspoon nutmeg, one tablespoon melted butter, one-half teaspoon salt, one teaspoon soda, dissolved in hot water, break the bread into the boiling milk and let stand for ten minutes in a covered bowl, then beat to a smooth paste; add the yolks of the eggs well whipped, the butter, salt,

soda, and finally the whites of the eggs previously whipped stiff.

**Huckleberry Griddle Cakes**—Two cups milk, a cup and a half molasses, three eggs, one and a half teaspoons soda, a little salt, and flour to make a batter. Add the berries after the batter is well mixed, and bake like other griddle cakes.

**Corn Cakes**—One pint corn meal, one of sour milk or butter-milk, one egg, one teaspoon soda and one of salt. A tablespoon of corn starch may be used instead of the egg; bake on a griddle.

**Batter Cakes**—Make a batter of one quart each of flour and sour milk, three eggs beaten separately, a tablespoon of butter and a level teaspoon of soda; pulverize the soda very fine before measuring, and thoroughly mix with the dry flour; add the whites of eggs just before baking on the griddle. May be made without eggs.

**Flannel Cakes**—Heat a pint of sweet milk, and into it put two heaping tablespoons butter, let melt, then add a pint of cold milk and the well-beaten yelks of four eggs—placing the whites in a cool place; also, a teaspoon salt, four tablespoons potato yeast, and sufficient flour to make a stiff batter; set in a warm place to rise, let it stand three hours, or over night; before baking add the beaten whites; bake like any other griddle cakes. Be sure to make the batter stiff enough, for flour must not be added after it has risen, unless it is allowed to rise again.

**Graham Griddle Cakes**—One quart Graham flour, one teaspoon baking powder, three eggs, and milk or water enough to make a thin batter.

**Rice Griddle Cakes**—Boil half a cup of rice ; when cold, mix one quart sweet milk, the yelks of four eggs, and flour sufficient to make a stiff batter ; beat the whites to a froth, stir in one teaspoon soda and two of cream of tartar, add a little salt, and lastly the whites of the eggs ; bake on a griddle. Serve by spreading them while hot with butter, and also any kind of jelly or preserves ; roll them up neatly, cut off the ends, sprinkle with sugar, and serve quickly.

**Pancakes**—Put in an earthen pan four whole eggs, a pinch of salt, one of sugar, three spoons of flour ; beat with one quart of milk. The preparation must be very light. Bake the pancakes in a frying pan, very thickly spread with butter, turn them upside down on the table, put some currant or other jelly on one side ; roll them ; put them on a plate ; powder them with sugar, and candy with a poker, heated red hot.—*Emile Combe, Chef de Cuisine, Hotel Wellington.*

**Indian Pancakes**—One pint Indian meal, one teaspoon salt, a small teaspoon soda ; pour on boiling water until thinner than mush ; let it stand until cool and add the yelks of four eggs, half a cup of flour, in which has been mixed two teaspoons cream tartar ; stir in as much sweet milk or water as will make the batter suitable to bake ; beat the whites well and add just before baking.

**French Pancakes**—Beat together, until smooth, six eggs and a half pound flour, melt four ounces butter, and add to the batter, with one ounce of sugar and half pint milk ; beat until smooth ; put a tablespoonful at a time into a frying-pan, slightly greased, spreading the batter evenly over the surface by tipping the pan about ; fry to

a light brown ; spread with jelly, roll up, dust with powdered sugar and serve hot.

**Doughnuts**—Two cups sour milk, one teaspoon soda, two cups sugar, one tablespoon melted butter, three eggs and a little salt (cinnamon if desired), flour sufficient to roll ; fry in hot lard sufficient to float, skim out and drain until dry.

**Thomaston Fritters**—Three eggs, one and a half cups milk, three teaspoons baking powder, and flour enough to make thicker than batter cakes ; drop into hot lard and fry like doughnuts.

*A Sauce for the Above*—One cup sugar, two tablespoons butter, one teaspoon flour beaten together, half a cup boiling water ; flavor with extract lemon, and boil until clear.

**Queen Fritters**—One pint water, four ounces butter, eight ounces flour, ten eggs ; boil the water and butter together in a saucepan large enough to beat the mixture in ; put in the flour all at once, and stir over the fire till well cooked ; let stand till warm, and add the eggs, one at a time ; beat well with a spoon against the side of the pan ; fry slowly in hot lard, and dust with powdered sugar.—*Palmer House, Chicago*.

**Apple Fritters**—Three eggs beaten very light, one quart milk ; make a thin batter ; add a little salt and the grated rind of one lemon ; pare, core and slice thin one quart select tart apples ; add to the batter, and cook by dropping in by spoonfuls in boiling lard ; skim out with a skimmer and drain. Serve with sauce.

**Apple Fritters**—Make a batter in the proportion of one cup sweet milk to two cups flour, a heaping teaspoon baking powder, two eggs beaten separately, one table-

spoon sugar and a saltspoon of salt; heat the milk a little more than milk-warm; add it slowly to the beaten yolks and sugar, then add flour and whites of the eggs; stir altogether and throw in thin slices of good sour apples, dipping the batter up over them; drop into boiling hot lard in large spoonfuls with pieces of apple in each, and fry to a light brown. Serve with maple syrup, or a nice syrup made with clarified sugar.

**Cream Fritters**—One and a half pints flour, one pint milk, six well beaten eggs, half a grated nutmeg, two teaspoons salt and one pint cream. Stir the whole together enough to mix the cream; fry in small cakes.

**Brown Bread**—One pint yellow corn meal, one pint rye meal, one-half cup flour, all sifted together; add a little salt and one cup molasses; dissolve a teaspoon of soda in half a cup of hot water, and at once fill it with *cold* water; pour it on the mixed flour, etc., adding enough tepid water to make all thin; boil a cup of raisins and stir into the bread mixture; mix all well, and it is ready for the baking tins. Use a regular brown bread tin with a cover to bake it in; bake seven hours in a *moderate* oven. The bread tin should be deep, round, small at the bottom and large at the top, with a tight cover and in the form of a small ice cream mould of conical shape. Any tinner can make it at small cost.—*Palmer House, Chicago.*

## CAKE.

Of the numberless cakes produced through the multi-ferous combinations of flour, sugar, fruits, raising powders or other ingredients, those only will be presented which lie within the skill of the accomplished housekeeper. Ornamentation and decoration of fine cakes will be but lightly touched upon ; it is a part, however, which presents an opportunity for the display of much taste and skill on the part of the operator.

*Preliminary Matters to Observe in Cake Making—*  
Clean hands and nails thoroughly with a brush. Clean all utensils and the kitchen table very thoroughly, and have everything necessary in readiness. If the weather is warm place the eggs in a cold place, as they will beat stiffer and lighter ; examine each thoroughly to ascertain if they are sound and fresh. Prepare the tins before the cake is made, greasing with lard, and line the bottom with several thicknesses of paper, the top one well greased ; it will do harm to also line the sides.

All flour and sugar used is to be sifted and weighed. Very hard butter should be warmed a little, but not melted. If quite salt or packed butter, freshen in cold water, breaking it into bits. None but "*good butter*" should ever be used, and if beaten to a cream it saves warming. In using milk observe that with sour milk soda alone is necessary, but with sweet milk soda and cream of tartar or baking powder is used ; the first makes a spongy, light cake, and the last one like pound cake.

For all white and delicate cakes use powdered sugar; for rich cakes, plum cake, crushed loaf, powdered and sifted; for dark cakes, the best brown sugar, and for jelly cakes, light fruit cakes, "A" coffee or granulated.

New flour in either bread or cake making, or for pastry, may be improved, *i. e.*, some of its moisture evaporated —by placing in the sun or before the fire the quantity to be used. When using "New Process" flour recollect it requires less by one-eighth than any other brand.

Most good cake makers first stir the milk and flavoring into the creamed butter and sugar, then the yolks, next the whites and last the flour, after first mixing with two-thirds of it the baking powder, leaving the remainder to be used at discretion.

A cup always means a tea-cup and not a coffee-cup.

Raisins should not be washed; to remove all dirt, stems, etc., rub them in a cloth and then carefully pick them over; if washed, it is difficult to dry them, so they will not make the cake heavy. Raisins or other fruit should be added the last thing before the cake is baked. Grate only the outer or yellow rind of lemons or oranges; the white or inner peel contains none of the required flavor, but, on the contrary, is bitter. A reliable baking powder may be used in all cases where soda and cream of tartar is mentioned, using the same quantity given for the two together. The proportions to use of baking powder is generally three teaspoons to a quart of flour, or one of soda and two of cream of tartar.

Do not stir, but beat cake batter, beating upward and very thoroughly; beat with a wooden spoon; iron will turn the batter dark, and for same reason always use an earthen or stoneware vessel to beat it in.

The proper heating of the oven is of great importance, especially for large cakes ; if not very hot the batter will not rise. If the oven be too quick, and there is danger of burning, put a sheet of clean white paper over the top.

To ascertain when a cake is properly done stick a knife or knitting needle to the center, withdraw it quickly, and if it looks at all sticky it is not and must be returned.

It is better to keep cake in a closed tin cake-box or covered jar, and always in a dry place.

**Coldwater Pound Cake**—Half cup butter, two of sugar, three eggs, one cup cold water, three pounds flour, one teaspoon cream tartar, one-half teaspoon soda.

**Cocoanut Cookies**—One cup sugar, half cup butter, one egg, two tablespoons milk, one and a half teaspoons baking powder, a little salt, one cup desiccated or grated cocoanut, enough flour to roll.

**Delicious Cake**—One cup sugar, half cup butter, two eggs—the yelks and whites separately beaten—half a cup milk, one cup and a-half flour, and one and a-half teaspoons baking powder.

**French Chocolate Cake**—The whites of seven eggs, two cups sugar, two-thirds cup butter, one of milk and three of flour, three teaspoons baking powder ; the chocolate part of the cake is made the same as the above, only use yelks of the eggs and one cup grated chocolate ; bake it in layers, and spread a custard between them, which is made with two eggs, one pint milk, one-half cup sugar, one table-spoon corn-starch, and one teaspoon extract vanilla.

**Jumbles**—Two cups sugar, one of butter, three eggs, one-third cup of milk, one and a-half teaspoons baking powder, and flour enough to roll.

**Lemon Cake**—One and a-half cups sugar, half cup butter, three eggs, half teaspoon soda dissolved in half cup of milk, two heaping cups sifted flour, a little salt, and the grated peel and juice of one lemon; bake in two shallow pans, and cut into squares.

**Lemon Snaps**—One cup sugar, one-half cup butter, two eggs, one teaspoon essence lemon, a quarter teaspoon soda dissolved in a teaspoon of milk, flour enough to make very stiff, and roll very thin.

**Marble Cake**—*For the White Part*—Half cup butter, one and a-half cups white sugar, half a cup sweet milk, two and a half pounds flour, a quarter teaspoon soda, the whites of four eggs; flavor with lemon.

*For the Dark Part*—Half cup butter, the same of molasses, two of brown sugar, half cup sour milk, half teaspoon soda, yelks of four eggs, and one whole egg, two cups of flour, spices to taste; after each part is thoroughly mixed, butter the pans well and put in first a couple of large spoons of the dark, and then the same of white part, alternately, until all is used.

**Molasses Gingerbread**—One large cup molasses, one tablespoon lard, one cup sour milk, a dessert spoon soda, one tablespoon ginger, and flour to make a very stiff paste.

**Neapolitaines**—One pound of flour, half pound of powdered sugar, half pound of butter, six eggs, six yelks, quarter ounce of rose or orange blossom water; mix the flour, sugar, butter and eggs together with the perfume; if too stiff, add a little milk; leave the dough half an

hour in a cool place; roll it out a quarter of an inch thick, and cut it with a small tin cutter of any shape; put the cakes on a pan slightly greased, and color the tops with beaten egg and milk, with some chopped almonds over them; cook in a very hot oven.—*Fernand Fere, Chef de Cuisine, Astor House, New York.*

**Spice Cake**—One cup sugar, a piece of butter the size of an egg, one egg, one cup sour milk, one teaspoon soda; spice to taste, and flour enough to make a thick batter.

**Sponge Cake**—The desirable feature of good sponge cake is its lightness, which is only attained by long-continued hard beating; to do this well requires two persons. While one beats the yolk for fifteen to twenty minutes, as light and creamy as possible, and then beats in three-quarters of a pound of sugar with rose water until thick and light, another person should beat the whites until well frothed, but do not whiten, then slowly beat into them the remaining quarter pound of sugar, and whisk until it no longer stiffens, or until the former preparation is complete. Now, lightly and steadily add the last mixture and the flour with the first, a little of each alternately, stirring only enough to mix them well, avoiding hard beating, which would toughen the whole. The buttered pans should be ready, and whether round, square or patty pans, fill them half to two-thirds full; sift sugar over them, and bake in a moderate oven. Material: Ten ounces of sifted pastry flour, a pound powdered sugar, twelve eggs, two tablespoons rose water, or other flavors may be used, as almonds, using an ounce blanched bitter almonds; lemon, use the grated rind and juice of two large lemons, mixed and

strained after standing an hour; vanilla, use a tablespoon of vanilla sugar, beat in with the yelks at first—the two others mix with the sugar. The cake may be iced with rose icing or with almond, orange-flower, lemon or vanilla icing. This is a very useful cake in the formation of the different *Charlottes*, jelly cakes, lady-fingers, or in small round cup cakes.

**Sponge Cake**—Two cups sugar, five eggs, two-thirds cup boiling water, two and a half cups flour, two teaspoons baking powder; beat the yelks of the eggs thin; add the sugar; when well beaten together add the boiling water, then the whites which have been beaten to a stiff froth, and lastly the flour and baking powder; flavor with lemon or vanilla.

**Cream Frosting**—A cup of sweet cream whipped and flavored with vanilla, cut a loaf of cake in two, spread the frosting between and on the top; this tastes like Charlotte Russe.

**Hard or Plain Icing for Cake**—Break the whites of four eggs into a large platter, in a cool room, or in summer set it on ice; whisk them until they foam, but do not whiten; then sift in the sugar slowly, beating steadily from the bottom, so as to bring up every drop at each sweep of the whip, and continue until as white and fine as snow and can be cut with a knife.

If the whites do not froth, throw in a pinch of alum or soda; sometimes they may require a little more sugar, but the average is four ounces to the white of a full-sized egg. This is a plain icing. All icings should be applied in two coats; let the first one dry before putting on the second, which can be sufficiently thinned with water to work smooth. If any ornaments

are used; they must be put on while the second icing is still moist. The flavors mostly used are almond, chocolate, lemon, orange, rose or vanilla.

**A Soft Icing**—Is preferable to hard for some kinds of cake. Mix half a pound of finely pulverized and sifted sugar with a tablespoon boiling water, and the same of any fruit juices fancied; spread at once on the cake while yet warm, about an eighth of an inch thick; color if desired.



## PUDDINGS AND PASTRY.

*Note*—Upon the production of puddings and pastry, covering fruit pies, tarts and tartlets, the following general remarks are given. Most of those on cake making will also apply here.

### PUDDINGS.

*Note*—The freshness of all the ingredients for puddings is very essential, as one bad or poor article will taint the whole. When eggs are of doubtful freshness, break each one separately in a cup before mixing them; a bad one will not then destroy those that preceded it. By beating the yelks and whites separately, the articles to which they are added will be the lighter.

Raisins and dried fruits for puddings should be carefully picked over, in most cases stoned, and large ones chopped. Currants should be well washed, pressed in a cloth, and then thoroughly dried before the fire, and after which be well picked over. English currants are usually quite gritty; they may be made to "plump" or fill out by pouring over them boiling water, and then dried.

Batter pudding should be smoothly mixed, entirely free from lumps; to cause which, first mix the flour with a very small part of the milk, and add the remainder gradually; should it then prove lumpy, it may be rubbed through a hair sieve.

Boiled puddings should be put on in boiling water, which must not be allowed to stop at least simmering; it should always be covered with the water, more being added if necessary. In dishing it, as soon as it comes out of the kettle dip it in a pan of cold water, and the cloth will not stick to it. It is better to have them suspended in the kettle; the cloth will not then adhere to the bottom. The pudding cloth or bag should be kept scrupulously clean, but washed without soap, or they will impart a very disagreeable flavor to the puddings. Before using, dip in hot water and dredge it slightly with flour.

All puddings should be expeditiously served, as by standing they quickly become heavy, particularly batter puddings. When baked puddings are sufficiently solid to do so, turn them out of the baking-dish to a platter, bottom up, and powder with fine sugar.

**Apple Pudding**—One quart milk, three eggs, three teaspoons baking-powder, two spoonful melted butter, flour to make a batter like griddle cakes; fill a pan half full of sliced apples, and pour the batter over them; bake two hours, and eat with a sweet sauce.

**Apple Roley Poley**—Peel, core and slice sour apples; make a rich biscuit dough, or raised biscuit dough may be used if rolled thinner; roll half an inch thick, lay the slices on the paste, roll up, tuck in the ends, prick deeply with a fork, lay it in a steamer and steam hard for an hour and three-quarters. Or, wrap it in a pudding-cloth, tie the ends, baste up the sides, and boil continually an hour and a-half, perhaps more. Stoned cherries, dried fruits, or any kind of berries, fresh or dried, may be used.

**Cabinet Pudding**—Spread the inside of a plain mould with butter, and ornament the sides with dried cherries and candied citron; fill the mould with alternate layers of slices of sponge-cakes, and ratafia of macaroni. Then fill up the mould with a lemon custard made with eight yelks of eggs, a pint of milk or cream, six ounces of sugar, a glass of brandy and the grated rind of a lemon. This custard must not be set, but merely mixed up. Steam the pudding in the usual way for about an hour and a-half, and when done dish it up, either with arrow-root sauce or a custard.—*Sebastien Michel, Chef de Cuisine, Hotel Brunswick.*

**Corn Starch Blanc Mange**—Take one quart sweet milk, and put one pint upon the stove to heat; in the other pint mix four heaping tablespoons corn starch; when the milk is hot, pour in the cold milk with the corn starch thoroughly mixed in it, and stir all together until there are no lumps and it is thick; flavor with lemon; take from the stove, and add the whites of three eggs beaten to a stiff froth.

*A Custard for the Above*—One pint milk boiled with a little salt in it; beat the yelks of three eggs with half a cup of sugar, and add to the boiling milk; stir well, but do not let it boil till the eggs are put in.

**English Plum Pudding**—Beat six yelks and four whites of eggs very light, add to them a tumbler of sweet milk, stir in gradually a quarter pound grated stale bread, a pound of flour, three-quarters of sugar, and a pound each of beef suet chopped fine, currants nicely washed and dried, and stoned raisins well floured; stir well and add two nutmegs, a tablespoon mace, one of cinnamon or cloves, a wine glass brandy, a teaspoonful salt, and,

finally, another tumbler milk; boil in bowls or moulds five hours, and serve with a sauce made with drawn butter, wine, sugar and nutmeg. It will keep several months; when wanted, boil an hour before serving; a pound of citron or blanched sweet almonds will add to the richness of the pudding.

**Rice Pudding without Eggs**—Two quarts milk, two-thirds of a cup of rice, same of sugar, and a small piece of butter and a little salt; stir it occasionally until boiling hot, and cook in a slow oven until of the consistency of cream.

**A Cheap but Delicious Rice Pudding**—One cup rice, well washed, two quarts new milk, a pinch of salt, with sugar and flavoring to taste; grate nutmeg over it, and bake in a slow oven four or five hours. This will prove a most delicious pudding, to be eaten either hot or cold, and if baked slowly is better than with the use of eggs.

**Rice Meringue Pudding**—Put a teacup of rice in a pint of water. When the water is boiled away, add a pint of milk, a piece of butter the size of an egg; the yelks of three eggs, and the grated rind of one lemon; mix well; pour into a pudding dish; spread over the top the whites of the eggs beaten to a stiff froth with a tea cup of sugar; set in the oven and brown a little.

**Plain Fruit Pudding**—Take one and a-half cups of flour, one cup of bread crumbs, one cup of raisins, half a cup of currants, two nutmegs, one cup of suet chopped fine, two tablespoons of sugar, four eggs, a wine glass of brandy, a wine glass of syrup, and a little milk if necessary. Mix very thoroughly; tie it in a cloth as tight as possible, and boil fast for five or six hours. Serve with wine sauce.

**Snow Pudding**—One-half a package of Cox's gelatine; pour over it a cup of cold water, and add one and a half cups sugar; when soft, add one cup boiling water and the juice of one lemon; then the whites of four well beaten eggs; beat all together until it is light and frothy, or until the gelatine will not settle clear in the bottom of the dish after standing a few minutes; put it on a glass dish, and serve with a custard made of one pint milk, the yolks of the four eggs, and the grated rind of a lemon; boil.

**Suet Pudding**—Four cups flour, one cup molasses, one cup suet chopped fine, half-pound raisins, three-quarters of a cup milk, half teaspoon soda, and a little salt and cinnamon; boil two hours and a half. To be eaten with sauce.

**Sweet Pudding**—Four cups flour, one of molasses, one of suet finely chopped, half-pound raisins, three-quarters of a cup of milk, half a teaspoon soda, and a little cinnamon; boil two hours and a half; serve with sauce.

## PASTRY.

The flour should be the best wheaten flour and perfectly dry, the best brands of Sidle, Fletcher, Holmes Co. being held in especial favor by the most noted pastry cooks of the Eastern and Northern States. Always keep flour in a perfectly dry place.

The butter, unless fresh is used, should be washed from the salt and well squeezed or wrung in a cloth to get out all the water or buttermilk; if left in it will produce heavy paste.

Lard should be perfectly sweet and white. It may be tested by running a knife or steel into; if, on withdrawing, it smells sweet, it is good.

Suet should be finely chopped, perfectly sweet and free from skin-like tissue; when chopped, dredge with flour, which prevents the particles adhering to each other. Beef suet is the best, but that of veal, or the outside fat of a loin or neck of mutton, makes good shortening, or the skimmings from boiled mutton, but only that without vegetables. Clarified beef drippings also make good crusts for ordinary puddings, pies or cakes; it should, however, be used sparingly.

The art of preparing paste requires much practice and dexterity; it should be touched as lightly as possible, made with cool hands and in a cool place, and for same reason a marble slab is better than a board to knead or roll upon, using a well-floured rolling-pin of hard wood. In mixing, add the water (ice water is best in summer); very gradually work the whole together with the blade of a knife. The butter or other shortening should be cold and rather hard; to make it so put in cold water until about ready for it, when squeeze as before directed. break it in small bits, roll out the paste and cover with the bits of butter; fold over each end and roll out very thin again, repeating until all is used. To produce light pastes considerable expedition should be used both in making and baking; if it stands long before putting in the oven it will become flat and heavy.

In baking custard, pumpkin or squash pies, that the mixture may not be absorbed by the paste, it is better to partly bake the crust before adding it.

The pie tins, patty pans or dishes for baked puddings

should be well greased, ready for use, sweet lard being as good or preferable to butter; crusts to be baked in sheets should be placed on buttered paper.

*Oven*—Very important is the state of the oven; if a paste be skillfully compounded with the best materials, and not properly baked, all is lost. Some require a quick oven, as puff-paste; others a warm and moderate one, and some a slow one. By placing a hand in the oven its heat may be determined very nearly. In baking a puff-paste try a small piece of the paste first.

**Puff-Paste**—One full pound sifted superfine flour, one of washed butter, pressed free from moisture in a clean cloth; place the flour on the mixing board or marble slab; make a well in the center, into which squeeze the juice of half a lemon, and put in the yolk of an egg, beaten with a little ice-water; stir with one hand and drop in ice-water with the other until the paste is hard as the butter; roll out the paste in a smooth square an inch thick; smooth the sides with a rolling-pin and spread the butter over half the paste; lay the other half over it, and leave it for fifteen minutes in a cold place; then roll out in a long strip, keeping the edges smooth, and double it in three parts, thus: lap one-third over the middle, roll it down, then fold over the opposite third, and roll all out in a long strip again; repeat the folding, rolling across this time; let it lie fifteen minutes, and repeat six times, allowing fifteen minutes between each rolling to cool, or the butter will oil; the paste is now ready for use. The result will repay the trouble by being both light and flaky. The quantity of water depends on the capacity of the flour to absorb it. Handle as little as possible throughout the whole pro-

cess. Rich pastes such as the above require a quick oven.

**Patties or Shells for Tarts**—Roll out a nice puff paste thin; cut out with a glass or cookie cutter, and with a wine glass or smaller cutter cut out the center of two out of three; lay the rings thus made on the third, and bake at once. May be used for veal or oyster patties, or filled with any jelly, jam or preserves, as tarts.

**Apple Custard Pie**—Stew sour apples until soft and not much water is left in them, and rub through a colander; beat three eggs for each pie, and use one cup butter and one of flour for three pies; nutmeg seasoning.

**Apple Tarts**—Pare, quarter, core and boil in half a cup water until quite soft ten large, tart apples; beat until very smooth and add the yolks of six eggs or three whole ones, the juice and grated outside rind of two lemons, half a cup of butter, one and a-half of sugar (or more if not sufficiently sweet;) beat all thoroughly, line patty pans with a puff paste and fill; bake five minutes in a hot oven.

*Meringue*—If desired very nice, cover them when removed from the oven with a meringue made of the whites of the three eggs remaining, mixed with three tablespoons sugar; return to the oven and delicately brown.

**Cream Pie**—Thoroughly beat together half a cup sugar, the white of one egg and tablespoon flour; then add a cup of rich milk, or use part cream; bake with only an undercrust, and grate nutmeg over it.

**Date Pie**—One pound of dates makes three pies; soak them over night, then stew them until soft enough to

strain ; add one quart milk, three eggs, a little nutmeg and salt ; bake without an upper crust.

**Lemon Pie**—Grate the yellow rind and take the juice of one lemon, one cup sugar ; take a heaping tablespoon of corn-starch and mix it with cold water ; add a cup of boiling water, and cook a little ; turn together ; beat the yolk of one egg, and add to the mixture ; beat the whites of two eggs to a froth with a little sugar, and put over the top after the pie is baked, and set in the oven to slightly brown.

**Lemon Pie**—Into one quart boiling molasses put one-half cup water, the grated rind and juice of six lemons, one large spoonful corn-starch, and two beaten eggs. This will fill three pies.

**Mince Meat**—Use two bowls chopped apples, one of chopped meat, one-fourth pound chopped suet, the grated rind and juice of one lemon, two tea cups molasses, one large teaspoon each of cinnamon and cloves, one nutmeg grated fine, one pound stoned or seedless raisins, half pound currants, one-fourth pound citron cut fine, one quart cider, and sugar and salt to taste.

**Mock Mince Pie**—Twelve crackers rolled fine, one cup hot water, half cup of vinegar, one cup each of sugar, currants and raisins ; any spices to taste. This makes four pies.

**Pumpkin Pie**—For three pies : one quart milk, three cups of boiled and strained pumpkin, one and a-half cups sugar, one-half cup molasses, four eggs, a little salt, and one teaspoon each of ginger and cinnamon. Boston marrow or Hubbard squash may be substituted for pumpkin, and are much preferred by many, as possessing a less strong flavor.

# List of General Agents

FOR SALE OF THE FLOUR

MANUFACTURED BY

# SIDLE & FLETCHER & HOLMES

COMPANY,

Minneapolis, Minn.

---

WM. M. BARBER, 55 Kilby St., Boston, Mass.

A. A. KEENE, 1913 Market Street, Philadelphia, Pa.

GRENVILLE PERRIN, 21 & 22 State St., New York.

ALEXANDER MANN, 401 S. Division St., Buffalo, N.Y.

GLOVER & ODENDAHL, New Orleans, Louisiana.

# LIST OF BRANDS MANUFACTURED.

ECLIPSE

GRANULATED

ORIENTAL

TRUTH

MECHANICS FAIR

FIRST

AND HIGHEST

Prize.

MANUFACTURERS AND MECHANICS FAIR

FIRST

AND HIGHEST PRIZE

in Gold.

OLD

MECHANICS EXPOSITION

MANUFACTURERS AND MECHANICS FAIR

\* The North Western

GRANULATED

BOSTON FLOUR

NOV. 1881

GRANULATED

BOSTON FLOUR

NOV. 1882

BOSTON FLOUR  
NOV. 1881

HERCULES

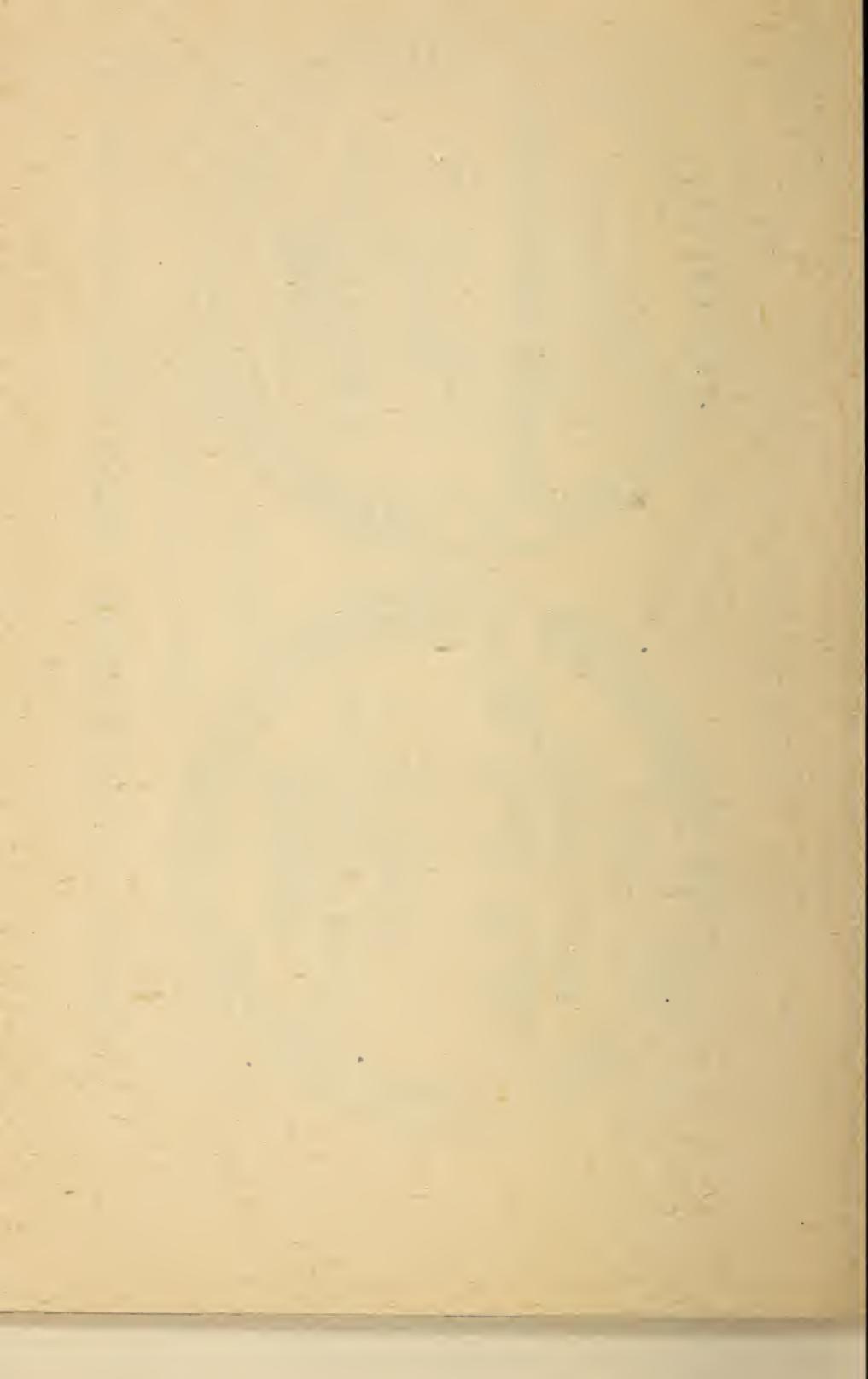
HERCULES

CORRUGATED

PERSIAN

NORTH WESTERN

DAILY BREAD



E call your particular attention to the fact, that the FLOUR manufactured at the NORTH WESTERN or ZENITH MILLS by the renowned ROLLER GRANULATED process is warranted equal to the best in the world. Manufactured from Minnesota and Dakota hard wheat.

The superior strength of Flour made from it will yield from 50 to 65 pounds more bread to the barrel than winter wheat flour. It requires more moisture in mixing, is much more nutritious and healthy, and bread made from it will keep sweet and moist for several days.

Minnesota and Dakota Wheat, contains the largest amount of Gluten of any grown in the world.

All authorities agree that the element of Gluten in flour, is of the highest importance in determining its value for human food.

LIBRARY OF CONGRESS



0 014 480 313 9



# NORTH WESTERN AND ZENITH MILLS

MWEEHAHA  
FALLS

MENILLE &  
BUCHANAN

Conservation Resources  
Lig-Free® Type I  
Ph 8.5, Buffered

LIBRARY OF CONGRESS



0 014 480 313 9